

ZIKA

VIRUS

What is Zika?

Zika is a virus transmitted by the *Aedes* mosquito, which also transmits dengue and chikungunya.

Zika can cause:



Mild fever



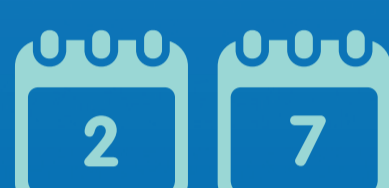
Conjunctivitis



Headache and joint pain



Skin rash



Onset is usually 2-7 days after the mosquito bite



1 in 4 people with Zika infection develops symptoms



A very small number of people can develop complications after becoming ill with the virus

How is Zika infection prevented?

To prevent mosquito bites that transmit Zika:



Cover skin with long-sleeve clothing, trousers and hats



Use insect repellent as recommended by health authorities



Sleep protected by mosquito nets



At least once a week, empty, clean, turn over, cover and/or dispose of containers that can hold water, such as tires, buckets and flower pots, both inside and outside of dwellings to eliminate mosquito breeding sites



Use screens or mosquito nets in windows and doors to reduce contact with mosquitoes

Controlling the breeding sites of *Aedes* mosquitoes reduces the likelihood of transmission of Zika, chikungunya, and dengue

Is there a treatment?

There is no vaccine or specific drug against this virus. Only pain and fever can be treated.

Patients with symptoms of Zika infection should:



Get plenty of bed rest



Drink plenty of liquids



Take medicine to relieve fever and pain



Use mosquito nets when napping



Wear clothing that covers arms and legs



If symptoms worsen or complications develop, see a doctor immediately



Pan American Health Organization



World Health Organization

REGIONAL OFFICE FOR THE AMERICAS

#zika

#FightAedes

#ZikaVirus

www.paho.org/zikavirus